



Hampden Recreation Program Guide

Fall 2015



Hampden

MAINE

The Community of Choice in Central Maine

www.hampdenmaine.gov





Contact Information

Town of Hampden

Department of Recreation (mailing)

106 Western Avenue

Hampden, ME 04444

Skehan Recreation Center (physical)

1 Main Road North

Phone: 207-862-6451

Fax: 207-862-5067

Email: recreation@hampdenmaine.gov

Website: www.hampdenmaine.gov

Staff

Shelley Abbott, Recreation Director

Jill McLaughlin, Assistant Director

Keep In Touch With Us...



Department Policies and Miscellaneous Program Information

Where Do I Find Out About Programs?

Program Guides are available online at www.hampdenmaine.gov, for print at home. Links are also available on Facebook. Program guides will no longer be mailed to all residents in the 04444 zip code. Program guides are available for pick up at the Skehan Recreation Center.

How Do I Register?

Complete the included program registration form, include any program fees, and either mail in or drop off at the Skehan Recreation Center.

Hampden Recreation Department 106 Western Avenue, Hampden, ME 04444 (Mailing)

Skehan Recreation Center, 1 Main Road North, Hampden, ME 04444 (Physical)

After You Have Registered

Consider yourself and/or your children enrolled in the program of your choice when you send in the completed registration form and payment. Some programs may have limited enrollment and may fill. In such cases, the office will notify you and ask if you want to be put on a waiting list. Individuals we are unable to accommodate will receive a refund in full.

Payment Policy

Payment is expected in full at the time of registration. Payments are accepted in cash and check only. Please make checks payable to the *Town of Hampden*.

Participants who have an outstanding balance will not be allowed to participate in the current session or future sessions until the balance is paid in full.

Late Registration Policy

Late Registrations will only be accepted on a space available basis. Registrations received after the program deadline will be charged an additional \$10.00 per program participant. Please enclose the late fee with your registration payment. Participants will not be registered until this fee has been paid.

Registrations received after published program deadlines will not be guaranteed a tee-shirt (where applicable).

Returned Check Fee

The Town of Hampden has a returned check fee of \$20.00. This fee must be paid in cash. All future registration fees for programs must be paid in cash.

Department Policies and Miscellaneous Program Information

Late Pick Up Policy and Charges

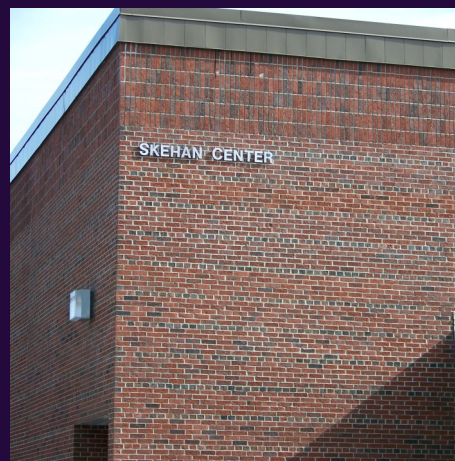
Program participants should be picked up promptly at the scheduled ending time for the program in which they are enrolled. Please be conscious of this and respect the private time of our staff, most of whom have other jobs to get to, or personal matters to take care of. Each participant picked up late will be charged \$10.00 per fifteen minutes or fraction thereof.

Refund Policy

Refunds will be paid in full if a request is made one week prior to the first day of the program. For requests received less than one week prior to the first week of programming, refunds will be issued for the program cost minus a \$5.00 administrative fee, unless otherwise noted. No refunds will be issued after the first week of programming. Any individual dismissed from a program will not be entitled to any refunds. Refunds are not issued due to participants not knowing the start date of the program.

Program Changes

Every effort has been made to ensure the accuracy of the information presented in this program guide. However, all courses, instructors, locations, and fees are subject to change.



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Commitment and Vision

*We are dedicated to serving
our participants...*

We strive for excellence.

We work with integrity.

*As An Essential Service,
We Make Hampden Happier!*



Adult Programs

Reshaping Retirement

Ongoing

Mon., Wed., Friday | 8-9 A

>Skehan Recreation Center

Resident \$1 | Non-Resident \$1

Drop in program. Coed senior fitness class instructed by Physical Therapist, Dana Tardif, with focus on strength and balance at your own pace. Fee is per person, per day. Please complete a registration form to be filed for emergency purposes.

Line Dancing with Chris

Ongoing

Tuesday | 9-11 A | Intermediate Class

>Skehan Recreation Center

Resident \$6 | Non-Resident \$6

Drop In program. This is a coed class. Fee is per person, per day. Participants are asked to wear dance shoes, sneakers, or bowling shoes. Please complete a registration form to be filed for emergency purposes.

Pickle Ball

September 13– ongoing

Monday | 5:30-7:30 P

Wednesday | 9:15-10:30 A

Friday | 9:15-10:30 A

>Skehan Recreation Center

\$2 Drop in Fee

Pickle ball is a paddle sport which combines elements of badminton, tennis and table tennis. Come in and learn how to play this fun new sport.

Morning Yoga

September 17– ongoing

Thursday | 9:30-10:45 A

>Skehan Recreation Center

Resident \$2 | Non-Resident \$2

Drop in program. Yoga class instructed by Julie Morse. Participants should bring their own mat, small pillow, and blanket. Fee is per person, per day. Please complete a registration form to be filed for emergency purposes. This program follows the school calendar, and does not occur when school is not in session.

Fitness Boot Camp

September 14– November 9*

Monday | 9:30– 10:15 A

***Program will not meet 10/12**

>Skehan Recreation Center

Resident \$65 | Non-Resident \$70

Our class is designed to build strength and fitness through a variety of intense group intervals over a 45 minute period of time. We call it “Boot Camp” because we train groups of people, may be outdoors, and may or may not be similar to military basic training. WOO RAH! We are sure to modify exercises for those who don’t feel comfortable with all of the stations. This class is designed for All Fitness Levels! Taught by Amy Badger from Bodies by Badger. Minimum enrollment to run 7/maximum 25. If minimum is met, we will open the class up to a \$10 drop in fee.

>Deadline to Register 9/7

A

ult Programs

Heat Pump Informational Class

October 19

Monday | 6–8 P

>Skehan Recreation Center

Fee: Free

Micah Cram from Heat Pumps Unlimited, LLC of Hampden will be hosting a free informational event on how a heat pump works, different brands, warranties, rebates, how it can lower heating/cooling cost and much more.

> **Deadline to Register: 10/15**

VanGogh on Furniture Workshop

September 26

Saturday | 10 A-2 P (or whenever we finish)

>Skehan Recreation Center

Fee \$55.00

Bring a stool, small table or chair and create a one of a kind piece of art that is also functional. No art experience necessary. We will paint, drink tea or coffee and listen to music. All materials will be provided (including tea). Just bring your small piece of furniture, and wear comfy, painting clothes. Fun will be had by all. Minimum enrollment to run 3/ maximum 6.

> **Deadline to Register: 9/18**

S

pecial Event



Halloween Open House

Friday, October 30, 2015

Skehan Recreation Center

4 PM to 6:30 PM

Free Event

Halloween Games, Inflatables, Candy, Costume Contest, Concessions and More! Join Us For The Fun!

Donations of candy are needed for this event!

B irthday Parties

Having a birthday party, staff event, or other special event and need that perfect place to host all the guests? The Skehan Recreation Center is available for rental on a space available basis.

Reservations may be requested no more than 3 weeks in advance of the date you are looking for. Please speak to Shelley about date availability.

Event rental includes a two hour block (plus a 30 minute set up and clean up at no additional fee) and full use of the full gym and party room space. Rental also includes use of available tables and chairs, and some gym equipment.

Event rental fee is \$100 and must be paid in advance to secure and confirm your date. All rentals require completion of an Event Rental Form in addition to the rental fee.

The Hampden Recreation also offers gym rentals (half gym and full gym) and classroom rental, on an individual rental rate, for one time, and multi-week use. Please inquire about availability.

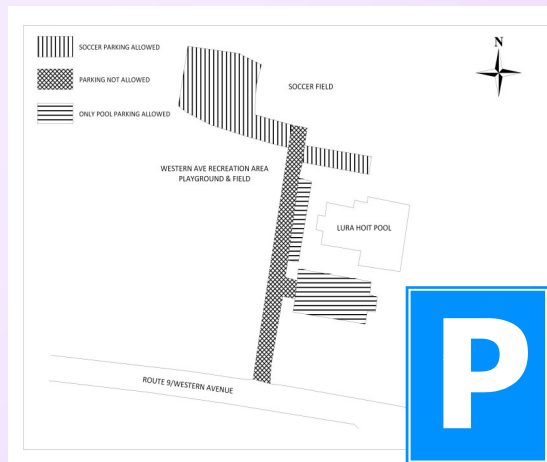
P arking At Lura Hoit Pool Fields

Parking at the Lura Hoit Pool complex is very tight! Both facilities offer programming during the Saturday morning hours and in order to accommodate patrons of both facilities we ask that you please try to remember the following regarding your parking.

1. Park in the designated lots for soccer families not in the pool lots. (see map above)
2. Please leave promptly at the end of your game. We only allow a 15 minute buffer to get families in and out and we need every spot for incoming game participants. If your children would like to remain to play at the playground please move your vehicle to Western Avenue during playground time.
3. Please leave handicap parking spots available for those needing them.
4. No parking along the fire lane located along the driveway edge of the facility.
5. Parking along Western Avenue is available for soccer families as an option for overflow needs. Please be certain to pull as far over out of the travel lanes as possible, and use the cross walk when crossing Western Avenue.
6. Drive slowly when entering and exiting the facility...with so many children around we want everyone to be as safe as possible!

Thank you for your help and attention with this matter.

~Hampden Recreation and Lura Hoit Pool Staff~



O

pen Gym

Open Gym

September 9-November 4

Wednesday | 2:15-6 P

>Skehan Recreation Center

Resident \$2 | Non-Resident \$2

Drop in program. COED. Shoot around or bring some friends for a game. Some equipment will be available for use. Fee is per person, per day. Please complete a registration form to be filed for emergency purposes.

Y

outh Programs

Rust Buster Basketball Clinic– Grades 6-8

September 24 & October 1

Thursday | 5-6:30 P

>Skehan Recreation Center

Resident \$15 | Non-Resident \$20

Come dust off your basketball skills before the season with Coach Chad Bradbury. Refresh your shooting, dribbling and game play before try-outs. We must have a minimum of 6 participants to run.

>Deadline to Register 9/17

Rust Buster Basketball Clinic– Grades 3-5

September 22 & 29

Tuesday | 5-6:30 P

>Skehan Recreation Center

Resident \$15 | Non-Resident \$20

Come dust off your basketball skills before the season with Coach Chad Bradbury. Refresh your shooting, dribbling and game play before try-outs. We must have a minimum of 6 participants to run.

>Deadline to Register 9/15



outh Programs

Flag Football-Grades K-2

September 12-October 24

Saturday | 1-2:30 P

>Lura Hoit Pool Field

Resident \$35 | Non-Resident \$40

Learn fundamentals of the game of flag football, in a fun environment. Skill development and game play will be included. Volunteer Coaches are needed for this program. Volunteer Coaches are asked to arrive at 12:30 PM, the first day. Minimum enrollment 12 to run/Maximum enrollment 40.

>Deadline to Register 9/4

Mini Sports Soccer-Ages 3-4

September 10-October 8

Thursday | 5-5:45 P

>Lura Hoit Pool Field

Resident \$35 | Non-Resident \$40

Children ages 3 and 4 will learn the basic motor skills necessary to play organized soccer while spending quality time with their parents. The program will focus on skills and drills associated with soccer. A parent must actively participate with their child in each of the 5 classes. Minimum enrollment 5 to run/maximum enrollment 10. This program is sure to fill fast so sign up early!

>Deadline to Register 9/3

Beginner Kicks Soccer-Age 4-Grade K

September 10-October 24

Thursday | 5:45-6:30 P

>Lura Hoit Pool Field

Resident \$35 | Non-Resident \$40

Specifically programmed for the PK/K age group, this program will include the first 4 weeks of skill nights and a Saturday AM small sided game. Volunteer Coaches are needed for this program.

>Deadline to Register 9/3

Fall Soccer-Grade 1-6

September 8-October 24

Saturday | Time TBD

>Lura Hoit Pool Field

Resident \$35 | Non-Resident \$40

Skills practice and game play. One practice per week (Sunday afternoon, or Weekday Evening) at discretion of volunteer coach. Volunteer Coaches are needed for this program.

>Deadline to Register 9/1



Youth Programs

After-School Art Club-Grade K-2

September 14-November 9* (8 Weeks)

***Program will not meet 10/12**

Monday | 3:15-5 P

Resident \$95 | Non-Resident \$100

>Skehan Recreation Center

Offered by Windover Art Center, this eight week session will include the exploration of pottery, drawing, painting, sewing and paper mache. Minimum enrollment 6 to run/ Maximum enrollment 16. Participants will be walked over after school by staff with parent permission.

>Deadline to Register 9/8

After-School Art Club-Grades 3-5

September 16-November 3 (8 weeks)

Wednesday | 3:15-5 P

Resident \$95 | Non-Resident \$100

>Skehan Recreation Center

Offered by Windover Art Center, this eight week session will include the exploration of pottery, drawing, painting, sewing and paper mache. Minimum enrollment 6 to run/ Maximum enrollment 16. Participants will be walked over after school by staff with parent permission.

>Deadline to Register 9/8

After-School Drawing-Grades 6-8

October 1-November 5

Thursday | 2:30-5 P

>Skehan Recreation Center

Resident \$115 | Non-Resident \$120

In this class we will demystify the process of learning how to draw. In exercises from classic "Drawing on the Right Side of the Brain" by Betty Edwards, and "Drawing with Children" by Mona Brookes, we will break down this process. We will find that drawing can be fun and relaxing. Covering subjects such as composition, value, landscape, portrait, still life, and perspective with black and white (graphite) pencil. A supply list will be provided on registration.

>Deadline to Register 9/24

Beginner Horseback Riding-Ages 7-13

September 3-24

Thursday | 3:30-4:30 P

>Horse Feathers Farm; Back Winterport Road, Hampden

Resident \$80 | Non-Resident \$85

Four week instructional program that will teach health, science, grooming, handling, and riding. Participants should wear long pants and a shoe/boot with a heel. No refunds for this program. Minimum enrollment 3 to run/Maximum enrollment 6.

>Deadline to Register 8/27



Youth Programs

Pavement Pounders-Grades 3-8

September 12-October 10

Saturday | 10-11 A

>Hampden Academy Track

Resident \$20 | Non-Resident \$25

Introduction to running both individually and with a group. There will be a combination of games mixed with training to develop proper technique, form, and pacing. The focus of the program is to cultivate the enjoyment of running. Running parent volunteers welcome to help!

>Deadline to Register 9/4

Beginner Field Hockey-Grade 3-5 (requires travel)

September 11-October 11

Friday | 5-6 P | Practice

Weekends | TBA | Game Play (Locations TBA)

>HA Field Hockey Field (center of track)

Resident \$35 | Non-Resident \$40

HA Field Hockey Coach Amanda Pullen, will teach the basics of this game including rules, skills, and game play. Participants must provide their own equipment (stick, mouth guard, shin guards, and ball). Discount equipment packages are available at Turner's Sporting Goods in Hampden. Informational pricing sheet on package is available at the Skehan Center. This program will be playing in the Mid Coast Rec. League with games at Belfast, Mt. View and Hampden. There will also be a round robin tourna-

ment on October 11th at Point Lookout in Northport. Games will require own transportation.

>Deadline to Register 9/4

Afterschool Robotics Program— Grades 3-5

Grades 3-5 | September 18– October 16

Friday | 3:15-5:15 P

>Skehan Recreation Center

Resident \$125 | Non-Resident \$130

Learn how to build and make robots using the Lego Mindstorms systems. Participants will work in small groups to design and program robots to complete various fun challenges, while learning about engineering. Robot creation is done with the easy to use Lego building blocks while the software environment is 100% graphic, simple, and allows you to build a flow chart program that controls the robot. Come and see what you can build! Offered by Maine Robotics. Minimum of 10/ maximum of 16 to run this program.

Students will be walked to the Skehan Recreation Center by a Rec. Staff with written permission from parent.

No Refunds for this Program.

>Deadline to Register 9/11

Is The Weather Bad?

Wondering If A Program Is Cancelled?

Skehan Center Building Closure: This facility will be closed when school is MSAD 22/RSU 22 is cancelled.

Other weather cancellations are made by 3 PM on the day of a scheduled weekday program, and by 8 AM for weekend programs.

Log on to the town website at www.hampdenmaine.gov

Look under town departments, recreation, and program cancellation notice.

If you do not have internet access, call the Hampden Recreation Department at 862-6451. Cancellation announcements will also be left on the office answering machine.

Should the need arise to cancel due to a non-weather event or poor field conditions; we will contact team coaches who should contact their team.

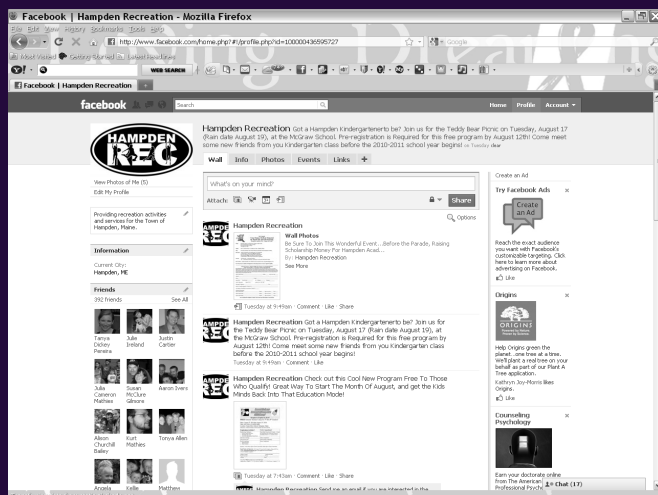


www.hampdenmaine.gov



Find Us On Facebook!

Search Hampden Recreation On Facebook



Weather Cancellations

Registration Deadline Reminders

New Program Information

Program Reminders

Program Guide Links

Hampden Recreation Participant Registration Form

106 Western Avenue, Hampden, ME 04444 (Mailing) | 1 Main Road North (Physical) | 207-862-6451

Participants Name (First Name, Last Name)	Gender	Grade	D.O.B.	Age	Program Registering For	Program Fee

Session Registering For? ☐ Fall ☐ Winter I ☐ Winter II ☐ Spring ☐ Summer

Volunteer Coach A Team? ☐ Yes ☐ No Assist A Team? ☐ Yes ☐ No

Email Address: _____ Cell Phone: _____

Mailing Address: _____ Home Phone: _____

Parent Name: _____ Work Phone #: _____

Parent Name: _____ Work Phone #: _____

Should we be unable to contact you in the event of an emergency, please list the name and contact number of another responsible adult we may contact.

Emergency Contact: _____ Emergency #: _____

Family Physician Name: _____ Physician #: _____

Any Allergies/Medical/Behavioral Challenges: _____

Photography Permission-Participants in Hampden Recreation programs may occasionally be photographed or videoed for future publicity. **Unrestricted usage:** I give unrestricted permission for my child's image to be used in print, video, and digital media. I agree that these images may be used by for a variety of purposes and that these images may be used without further notifying me. I do understand that the child's last name will not be used in conjunction with any video or digital images.

☐ No Parent Initials: _____

Waiver For Participation-Participation in this activity may involve risk of injury or death. As a parent, guardian, or participant I am aware of these hazards and my/(my child's) ability to participate. In registering for participation in the program(s) listed above, I hereby waive and release all rights and claims against the Town of Hampden, its officers, employees, agents, volunteers and supervisors from all losses, injury, damages, fees and other expenses arising out of, or in connection with participation in the above registered activity. In addition, I give my consent for the Hampden Recreation Department and staff to act in my place in all respects should the need arise during the course of this activity or related travel. This shall include but not be limited to obtaining medical care.

Parent/Guardian Signature: _____ Date: _____

For Office Use Only: Amount Paid: _____ / Cash/Check #: _____ / Date: _____

Announcements!

Skehan Recreation Center | 862-6451

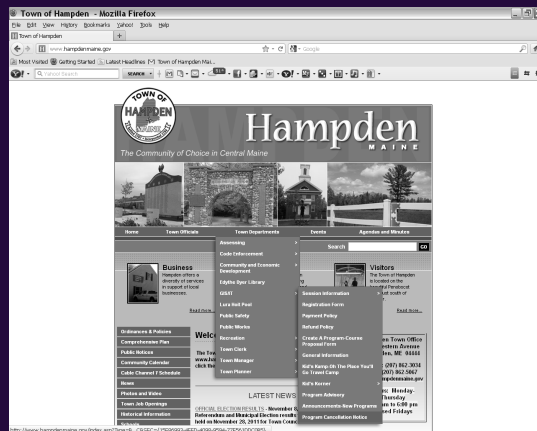
Email-recreation@hampdenmaine.gov

Recreation Department Office Hours: Monday-Friday 7 AM-4 PM

Our office is now located at the Skehan Recreation Center. You can find this building at 1 Main Road North in Hampden. Enter from the front of the building. This space was formally the "new gym" at the former Hampden Academy.

The Skehan Recreation Center hours will vary depending on the season and programming offered. This facility will be closed when SAD 22/RSU 22 school is cancelled for a snow day.

Our program guides are now exclusively online. We have begun using the Constant Contact program for email blasts regarding our services. If you would like to be added to our email list, just drop us an email and we will gladly add you! If you do not have internet access, copies of our program guide and various individual program flyers can be picked up at the Skehan Recreation Center.



www.hampdenmaine.gov



Town of Hampden
Recreation Department

106 Western Avenue
Hampden, ME 04444



Email us to add your name to our email list and start receiving email blasts via Constant Contact today!